

**CLASS SPECIFICATION**  
**SAN DIEGO CITY CIVIL SERVICE COMMISSION**  
**SUPERVISING ACADEMY INSTRUCTOR - 1941**

**DEFINITION:**

Under direction, to plan, direct, and participate in the Police Department's FIT program, which provides a personalized fitness program for officers in the Police Department; and to perform related work.

**\* EXAMPLES OF DUTIES:**

- Plans, directs, and participates in the Police Department's FIT program;
- Serves as the program coordinator/core instructor for the POST-certified First Aid/CPR classes conducted for the Police Department and the County Sheriff's Department;
- Administers fitness tests and interprets and evaluates health profile test data;
- Provides functional supervision over part-time instructors;
- Develops and administers contracts for treadmill testing and weight training equipment;
- Evaluates program effectiveness and makes revisions to procedures and curricula content as needed;
- Serves on study groups to develop new training programs for the department;
- Provides counseling, monitoring, and injury rehabilitation guidance to sworn officers and recruits;
- Monitors program expenditures and prepares budget estimates;
- Maintains records on fitness statistics.

**MINIMUM QUALIFICATIONS:**

Please note: the minimum qualifications stated below are a guide for determining the education, training, experience, special skills, and/or license which may be required for employment in the class. These are re-evaluated each time the position is opened for recruitment. Please refer to the most recent Job Description for updated minimum qualifications: <https://www.governmentjobs.com/careers/sandiego/classspecs>.

College graduation with a Master's Degree in Exercise Physiology, **AND** two years of full-time professional experience evaluating and prescribing a total fitness program for individuals or groups; **OR** college graduation with a Bachelor's Degree in Physical Education, Physical Therapy, Exercise Science, or Athletic training, **AND** three years of full-time experience as described above.

- \* EXAMPLES OF DUTIES performed by employees in this class. The list may not include all required duties, nor are all listed tasks necessarily performed by everyone in this class.**